

Report Date: 12 Aug 2014

Summary Report for Individual Task
805P-COM-1113
Perform Military Movement Drill 2 (MMD2)
Status: Approved

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD5 - This product/publication has been reviewed by the product developers in coordination with the Ft Jackson, SC foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

Condition: Given a Physical Readiness Training (PRT) area, approved PRT plan, PRT Instructor, in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standard: Perform Military Movement Drill 2, completing all the prescribed exercises so each exercise is performed:

- (1) in the proper sequence.
- (2) using movements precisely as described.
- (3) without causing injury to personnel.
- (4) in accordance with FM 7-22, Chapter 10.

Special Condition: None

Safety Risk: Low

MOPP 4: N/A

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|------------------------|
| Task Statements |
|------------------------|

Cue: None

DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

WARNING

- Injury may occur from improper execution of exercises in this PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

CAUTION

- Conduct visual reconnaissance of training area before execution of this drill.
- Beware of hazards such as holes, uneven terrain and rocks.
- Use caution when conducting MMDs on wet terrain.

Remarks: None

Notes: None

Performance Steps

1. Exercise 1: Perform the Power Skip IAW FM 7-22, Chapter 10.

Note:

CHECK POINT 1: Start slowly and progress the speed and height of the skip throughout each 25-yard interval.

CHECK POINT 2: Soldiers gradually incorporate larger arm swings as they jump to get higher elevation. Arm swing is strong and smooth with the forward arm at 90-degrees and the rearward arm relatively straight.

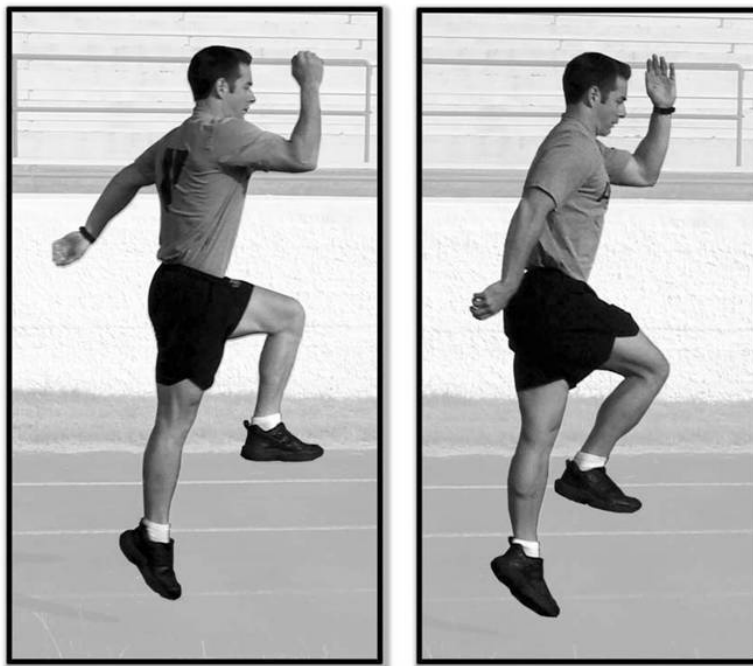
CHECK POINT 3: Arm swing is from front to rear, not side to side, with the upper part of the forward arm reaching parallel to the ground as it swings to the front.

EQUIPMENT: 4 ea safety cones



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Power Skip



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Exercise 1

Military Movement Drill 2, Exercise 1

a. Assume correct starting position: staggered stance with right foot forward.

b. Movement: Step with the left foot, then hop and land on the left leg followed by the same action with the opposite leg. When the right leg is forward, the left arm swings forward and the right arm is to the rear. When the left leg is forward, the right arm swings forward and the left arm is to the rear.

2. Exercise 2: Perform Crossovers IAW FM 7-22, Chapter 10.

Note:

CHECK POINT 1: Pick the feet up with each step. Avoid dragging the feet along the ground.

CHECK POINT 2: Crouch slightly while keeping the back straight.

CHECK POINT 3: Maintain the trunk perpendicular to the direction of travel while allowing the hips to move naturally.

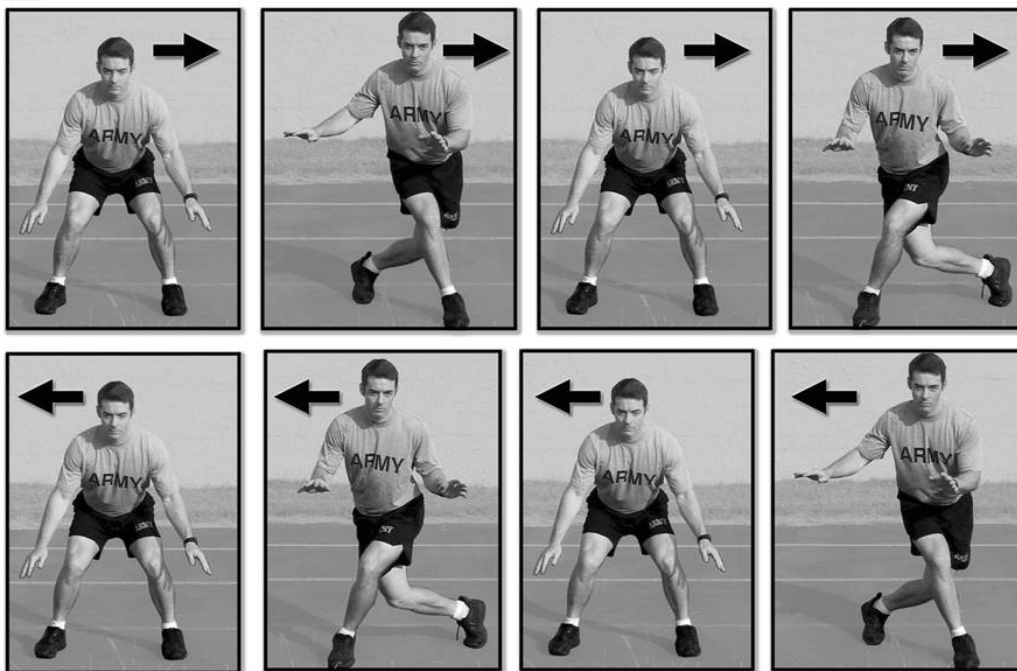
CHECK POINT 4: Rank leaders face their rank throughout the exercise.

EQUIPMENT: 4 ea safety cones



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Crossovers



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Exercise 2

Military Movement Drill 2, Exercise 2

a. Assume correct starting position: straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees, and palms facing forward or holding weapon. Face perpendicular to direction of movement.

b. Movement: Cross the trail leg first to the front of the lead leg and step in the direction of travel to return to the starting position. Then cross the trail leg to the rear of the lead leg and step in the direction of travel to return to the starting position. Repeat sequence to the 25-yard stop point. Always face the same direction so that movement of the first 25-yards is to the left and movement of the second 25-yards is to the right.

3. Exercise 3: Perform the Crouch Run IAW FM 7-22, Chapter 10.

Note:

CHECK POINT 1: Move from the crouch run starting position by executing one repetition of mountain climber and firing out of count four with the right leg and swinging the left arm forward to the crouch run.

CHECK POINT 2: On the crouch run, stay low with minimal arm swing.

CHECK POINT 3: Soldiers should slow their movement before planting their feet and changing direction.

CHECK POINT 4: Soldiers should squat while bending the trunk when reaching to touch the ground as they change direction.

CHECK POINT 5: Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn.

CHECK POINT 6: Accelerate to near maximum speed during the last 25-yard interval.

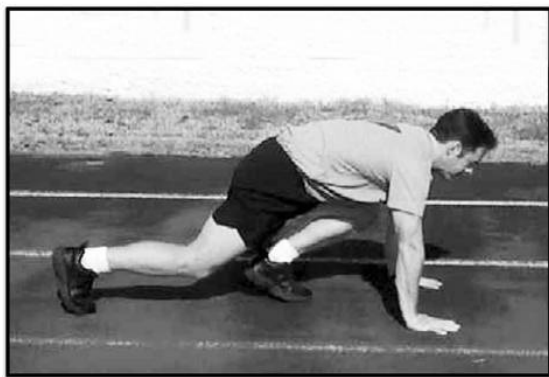
PRECAUTION: Soldiers should use caution when performing this exercise on wet terrain.

EQUIPMENT: 4 ea safety cones

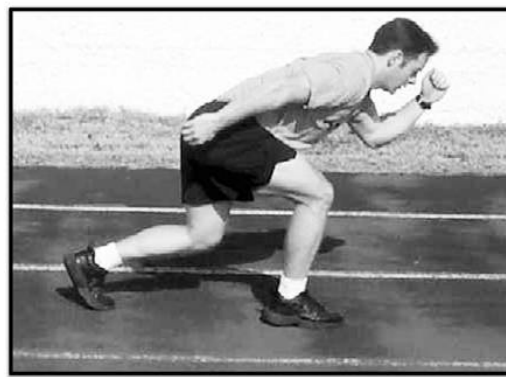


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Crouch Run



Starting Position



Crouch Run

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Exercise 3

Military Movement Drill 2, Exercise 3

a. Assume the correct starting position: the starting position for Exercise (3) three of CD 1: Mountain Climber.

b. Movement: Power out of the starting position, performing one repetition of mountain climber, then upon finishing count 4, run forward in the crouch position to the 25-yard mark. Turn clockwise while planting the left foot and bending and squatting to touch the ground with the left hand, as in performing the shuttle sprint in MMD1. Crouched run quickly back to the starting line and plant the right foot, turn counter-clockwise and touch the ground with the right hand. Accelerate out of the crouch run to an upright position and sprint back to the 25-yard mark gradually accelerating to near maximum speed.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier GO if all performance measures are passed (P). Score the Soldier NO GO if any performance measure is failed (F). If the Soldier scores NO GO, show the Soldier what was done wrong and how to do it correctly.

Evaluation Preparation: Any dry, level area of adequate size is satisfactory for the performance and evaluation of MMD1. The commander will specify the appropriate uniform based on the type of running activity to be performed. PRT uniforms appropriate for running include:

- IPFU.
- ACUs and running shoes.
- ACUs and boots.
- ACUs with boots and fighting load.

| PERFORMANCE MEASURES | GO | NO-GO | N/A |
|---|----|-------|-----|
| 1. Exercise 1: Performed the Power Skip | | | |
| a. Assumed correct starting position: staggered stance with right foot forward. | | | |
| b. Movement: Stepped with the left foot, then hopped and land on the left leg followed by the same action with the opposite leg. When the right leg was forward, the left arm swung forward and the right arm was to the rear. When the left leg was forward, the right arm swung forward and the left arm was to the rear. | | | |
| 2. Exercise 2: Performed Crossovers | | | |
| a. Assumed correct starting position: straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees, and palms facing forward or holding weapon. Faced perpendicular to direction of movement. | | | |
| b. Movement: Crossed the trail leg first to the front of the lead leg and stepped in the direction of travel to return to the starting position. Then crossed the trail leg to the rear of the lead leg and stepped in the direction of travel to return to the starting position. Repeated sequence to the 25-yard stop point. Always faced the same direction so that movement of the first 25-yards was to the left and movement of the second 25-yards was to the right. | | | |
| 3. Exercise 3: Performed the Crouch Run | | | |
| a. Assumed the correct starting position: the starting position for Exercise (3) three of CD 1: Mountain Climber. | | | |
| b. Movement: Powered out of the starting position, performing one repetition of mountain climber, then upon finishing count 4, ran forward in the crouch position to the 25-yard mark. Turned clockwise while planting the left foot and bent and squated to touch the ground with the left hand, as in performing the shuttle sprint in MMD1. Crouched ran quickly back to the starting line and planted the right foot, turned counter-clockwise and touch the ground with the right hand. Accelerated out of the crouch run to an upright position and sprinted back to the 25-yard mark gradually accelerating to near maximum speed. | | | |

Supporting Reference(s):

| Step Number | Reference ID | Reference Name | Required | Primary |
|-------------|--------------|--|----------|---------|
| | FM 7-22 | Army Physical Readiness Training (Change 001 05/03/2013 8 Pages | Yes | Yes |

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and

weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment condition (if required)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks :

| Task Number | Title | Proponent | Status |
|--------------------|--|--|---------------|
| 805P-COM-1101 | Perform the Preparation Drill (PD) | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1112 | Perform Military Movement Drill 1 (MMD1) | 805P - Physical Readiness (Individual) | Reviewed |
| 805P-COM-1104 | Perform the Hip Stability Drill (HSD) | 805P - Physical Readiness (Individual) | Approved |

Supporting Individual Tasks :

| Task Number | Title | Proponent | Status |
|--------------------|--|--|---------------|
| 805P-COM-1101 | Perform the Preparation Drill (PD) | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1112 | Perform Military Movement Drill 1 (MMD1) | 805P - Physical Readiness (Individual) | Reviewed |
| 805P-COM-1102 | Perform the Recovery Drill (RD) | 805P - Physical Readiness (Individual) | Reviewed |
| 805P-COM-1104 | Perform the Hip Stability Drill (HSD) | 805P - Physical Readiness (Individual) | Approved |

Supported Individual Tasks :

| Task Number | Title | Proponent | Status |
|--------------------|---------------------------------------|--|---------------|
| 805P-COM-1101 | Perform the Preparation Drill (PD) | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1118 | Perform Hill Repeats | 805P - Physical Readiness (Individual) | Reviewed |
| 805P-COM-1104 | Perform the Hip Stability Drill (HSD) | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1108 | Perform the Ability Group Run (AGR) | 805P - Physical Readiness (Individual) | Reviewed |
| 805P-COM-1102 | Perform the Recovery Drill (RD) | 805P - Physical Readiness (Individual) | Reviewed |

Supported Collective Tasks : None